



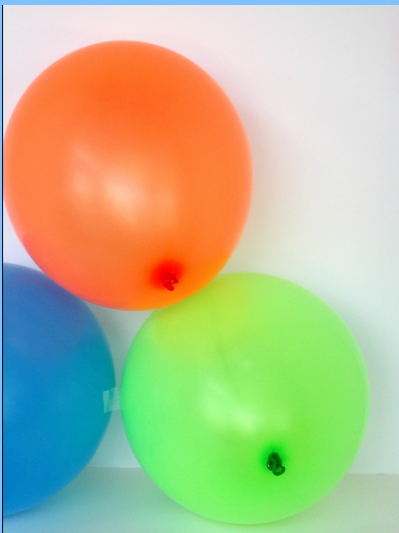
YOUTH SERVICES MINUTE TO WIN IT!

Our last week of the Minute To Win It series has us focused and ready to compete! Keep reading if you're ready to take on challenges that require very close attention and concentration!

SEPTEMBER 25, 2020

WEEK 4: FOCUS

Focus and Concentration are terms that are often interchangeable! According to Merriam Webster and the Oxford dictionary, concentration, similar to focus, is "the ability to give your attention or thought to a single object or activity; the action or power of focusing all one's attention." Use your focus to help you master this week's collection of games!



DEFYING GRAVITY

Supplies: Balloons (inflated)

In this game, you'll need to use only one hand to keep three balloons from touching the ground. You must use the same hand the entire time. The goal of this game is to have all three balloons in the air for a full minute. The show has a 60 second time limit, but feel free to adjust this game to fit your players!

[Source](#)

[Official Instructions](#)

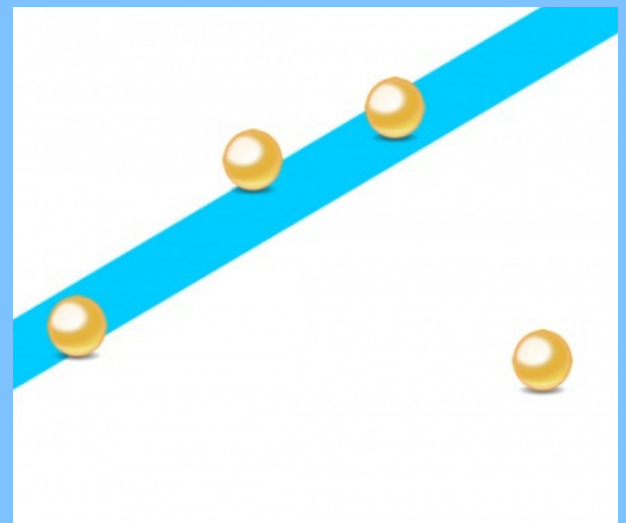
STICKY BALLS

Supplies: Marbles, Tape

In this game, you'll need to successfully roll marbles and get them to stick on a long horizontally placed piece of tape at the end of a flat surface. The show has a 60 second time limit and utilizes 5 marbles, but feel free to edit the game as necessary!

[Source](#)

[Official Instructions](#)





SEPARATION ANXIETY

Supplies: 25 M&Ms, 1 large cup, 5 small cups labeled by color

Prep: First, count out 5 of each color of chocolate candy. You want 5 different colors, 5 candies in each color. Place the candies in a pile and cover them with the large plastic drinking glass. Place the five color-coded containers face up in a semicircle around the covered pile of candy.

In this game, using only your chosen hand, you'll need to sort through the candies by color one by one into the available containers. The goal of this game is to sort all 25 candies into their proper containers within the time limit. The show has a 60 second time limit, but feel free to adjust the game to your players as necessary!

*This game has been altered from the show version to make it easier for younger participants [Source](#) [Official Instructions](#)

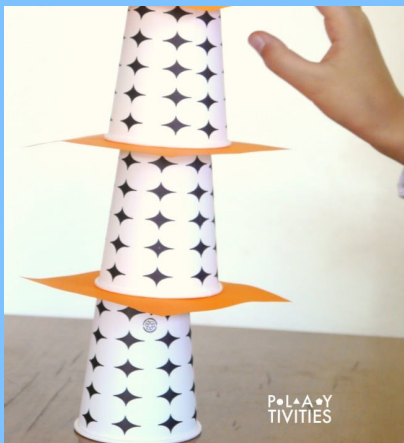
KICK OFF

Supplies: Soda Cans, Bucket

In this game, you'll want to kick soda cans into a bucket. The bucket should be positioned in the center of a large circle made with the soda cans. You will have one attempt per can. The show has a 60 second time limit and a minimum of 2 cans must land in the bucket, but feel free to adjust the game guidelines to best fit your players!

[Source](#)

[Official Instructions](#)



YANK ME

Supplies: Index Cards, Plastic Cups

In this game, you'll need to place index cards between four vertically stacked cups to form a tower. Once the index cards and cups are placed, you will need to carefully yank the index cards from in between the cups to where the cups collapse into a stack. The show has a 60 second time limit but feel free to edit the game as necessary!

[Source](#)

[Official Instructions](#)



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